

NATURAL CHOICES™
INFORMED DECISIONS
NATURAL APPROACHES TO CLINICAL CONDITIONS



HEALTH & LIFESTYLE ASSESSMENT QUESTIONNAIRE

INSTRUCTIONS & SCORE KEY




LIFE-SPAN
HEALTH & WELLNESS CENTERS

Health & Lifestyle Assessment Questionnaire

Instructions & Score Key

About the Health Assessment Questionnaire

The driving force of the Questionnaire is to create a picture of what the patient is subjectively experiencing. Often, a subjective form may be the best source of information to assess the individual. You can use the Questionnaire to periodically reassess the individual's health gains. Of course, if you use the other tests we have available, such as blood, urine, saliva, hair analysis, or other assessment tools, you can even more effectively fill in the picture of the individual's current health status.

From the biological perspective, we need to identify what stressors have impacted the health of the individual to this point in his or her life. This is important because it gives us clues as to potential negative influences that may be major factors in the individual's current health status. We must look to exotoxin and endotoxin exposure because these alter or reduce normal enzyme function and may increase subsequent antimetabolites. In most cases, you will find an individual needs to work with the bowel terrain enhancement program first. This is true because of poor quality food intake, excessive use of antibiotics and corticosteroids, birth control pills, industrial pollutant exposure and the effects of stress, to name just a few of the reasons. You should also note that stresses on the major organs of elimination should be initially supported. Also, any major area which scores extremely high may need to be worked with initially.

The Questionnaire is organized to give you a maximum amount of information. The questions are not intended to diagnose, but only to give an overview of the individual's general health in major organ systems. The first section is specifically designed to assess potential mycotoxin imbalances in the flora. The subsequent sections relate to various organ systems. Score the sheet and track it on the summary pages.

The Questionnaire is a tool to help assess the individual's current level of health. Keep in mind there are four key components which you must always address to gain maximum results in working with an individual. These are: changing health and hygiene habits to a proactive approach; creating an awareness of the various impacts on the individual's health (the environment); reducing stress, or, at least, improving the individual's response to stress; and incorporating regular exercise into daily life.

Scoring and General Information

For each section, add the circled numbers for questions requesting a rating. Add 5 points for each question answered "yes" (0 points are given to "no" answers). Write the total score on the Questionnaire Score Key. Use this page as a worksheet for the Bowel Terrain score and record the actual score on the Questionnaire Score Key.

Part I: Current Medications, Health Practices, and Family History

Consider the lifestyle of each individual by evaluating his or her answers in this part.

Part II: Bowel Terrain (Predisposing History for Bowel Terrain Disturbance)

Highest Possible score = 114 Actual Score: _____

Below are possible additional points from other parts of the Questionnaire which contribute to a bowel terrain disturbance. These are additional points which emphasize the degree of the individual's bowel terrain disturbance and provide an extended Bowel Terrain score over and above the actual section score.

Additional points to add for high scores on the following sections:

5 points for:	Part 4: Fat Metabolism – Section A: Liver or Gallbladder	
	Part 5: Immune Function – Section A: Hypoadrenal	
	Part 5: Immune Function – Section B: Hypoimmune	
	Part 5: Immune Function – Section C: Hyperimmune	
	Part 6: Cardiovascular, any section	
	Part 8: Lungs, if asthmatic	
10 Points for:	Part 3: Digestion – Section B: Small Intestine or Pancreas	
	Part 3: Digestion – Section D: Large intestine	
	Part 7: Sugar Metabolism – Section A: Hypoglycemia	
	Part 7: Sugar Metabolism – Section B: Hyperglycemia	
	Part 10: Men – Section A – Urinary Tract	
	Part 10: Women – Section A: Urinary Tract	
	Part 10: Women – Section B: PMS	
	Part 10: Women – Section D: Dysmenorrhea	

Total Additional Points: _____

Actual Score: _____

Total Extended : _____

Part 3: Digestion

Section A: Hypoacidity. Highest possible score = 21

Section B: Small Intestine or Pancreas. Highest possible score = 59 (54 points from questions in this section plus 5 additional points from Part IV: Fat Metabolism – Section A: Liver or Gallbladder).

Note: If this section scores high (above 38), refer to the Bowel Terrain section of the Worksheet and add the additional points specified.

Section C: Hyperacidity. Highest possible score = 55

Section D: Large Intestine. Highest possible score = 50 (45 points from questions in this section plus 5 possible additional points from Part 4: Fat Metabolism – Section A: Liver or Gallbladder).

Note: if this section scores high (above 33), refer to the Bowel Terrain section of the Worksheet and add the additional points specified.

Part 4: Fat Metabolism

Section A: Liver or Gallbladder. Highest possible score = 94

Note: if this section scores high, add 5 points to each of the following sections:

- Part 2: Bowel Terrain
- Part 3: Digestion – Section B: Small Intestine or Pancreas
- Part 3: Digestion – Section D: Large Intestine
- Part 6: Cardiovascular – Section A: Heart
- Part 6: Cardiovascular – Section B: Circulation
- Part 6: Cardiovascular – Section C: Hypertension

Section B: Hyperthyroid. Highest possible score = 45

Section C: Hypothyroid. Highest possible score = 105

Section D: Hypopituitary. Highest possible score = 21

Part 5: Immune Function

Section A: *Hypoadrenal.* Highest possible score = 60

Note: if this section scores high (above 39) refer to the Bowel Terrain section of the worksheet and add the additional points specified.

Section B: *Hypoimmune.* Highest Possible Score = 48.

Note: If this section scores high (above 31) refer to the Bowel Terrain section of the worksheet and add the additional points specified.

Section C: *Hyperimmune or Allergy.* Highest possible score = 84.

Note: If this section scores high (above 55) refer to the Bowel Terrain section of the worksheet and add the additional points specified.

Section D: *Thymus or Spleen.* Highest possible score = 29.

Part 6: Cardiovascular

Section A: *Heart.* Highest possible score = 56.

Section B: *Circulation.* Highest possible score = 44.

Section C: *Hypertension.* Highest possible score = 37.

Note: If any Cardiovascular sections scores high (heart above 36, circulation above 29 and hypertension above 24, refer to the Bowel Terrain section of the worksheet and add the additional points specified.

Part 7: Sugar Metabolism

Section A: *Hypoglycemia.* Highest possible score = 48.

Note: If this section scores high (above 31) refer to the Bowel Terrain section of the worksheet and add the additional points specified.

Section B: *Hyperglycemia.* Highest possible score = 46.

Note: If this section scores high (above 30) refer to the Bowel Terrain section of the worksheet and add the additional points specified.

Part 8: Lungs

Note: If asthmatic, refer to the Bowel Terrain section of the worksheet and add the additional points specified.

Part 9: Male

Section A: *Urinary Tract.* Highest possible score = 52.

Note: If this section scores high (above 34) refer to the Bowel Terrain section of the worksheet and add the additional points specified.

Section B: *Reproduction.* Highest possible score = 33.

Section B: *Prostate.* Highest possible score = 31.

Part 10: Female

Section A: *Urinary Tract.* Highest possible score = 40

Note: If this section scores high (above 26), refer to the Bowel Terrain section of the Worksheet and add the additional points specified

Section B: *PMS.* Highest possible score = 50

Note: If this section scores high (above 33), refer to the Bowel Terrain section of the Worksheet and add the additional points specified.

Section C: *Amenorrhea.* Highest possible score = 36

Section D: *Dysmenorrhea.* Highest possible score = 51

Note: if this section scores high (above 33), refer to the Bowel Terrain section of the Worksheet and add the additional points specified.

Section E: *Fibrocystic Breast.* Highest possible score = 57

Section F: *Menopause.* Highest possible score = 41

Part 11: Musculoskeletal

Section A: *Bone Integrity*. Highest possible score = 57

Section B: *Muscles*. Highest possible score = 30

Section C: *Connective Tissue*. Highest possible score = 37

Part 12: Neurological: Highest possible score = 68

Part 13: Sleep Patterns Highest possible score = 29

Part 14: Negative Influences on General Health

Section A: *Aluminum*. Highest possible score = 58

Section B: *Cadmium*. Highest possible score = 42

Section C: *Copper*. Highest possible score = 24

Section D: *Mercury*. Highest possible score = 51

Section E: *Lead*. Highest possible score = 79

Section F: *Caffeine*. Highest possible score = 27

Section G: *Chlorine*. Highest possible score = 9

Section H: *Fluoride*. Highest possible score = 12

Section I: *Nicotine*. Highest possible score = 24

Section J: *Sodium*. Highest possible score = 18

Section K: *B Vitamin Deficiency Line*. Highest possible score = 18

Section L: *Protein Deficiency*. Highest possible score = 36

QUESTIONNAIRE SCORE KEY

Enter the actual score for each section in the appropriate box. Using a color marker or pen will enable you to easily see the individual's overall scoring pattern. Another tip is to use a highlighter to enhance the view of these scores.

		LOW PRIORITY	MODERATE PRIORITY	HIGH PRIORITY
2	Bowel Terrain	0-34 _____	35-74 _____	Above 74 _____
3 - Digestion	A. Hypoacidity	0- 6 _____	7-14 _____	Above 14 _____
	B. Small Intestine or Pancreas	0-18 _____	19-38 _____	Above 38 _____
	C. Hyperacidity	0-17 _____	18-36 _____	Above 36 _____
	D. Large Intestine	0-15 _____	16-33 _____	Above 33 _____
4 - Fat Metabolism	A. Liver or Gallbladder	0- 28 _____	29-61 _____	Above 61 _____
	B. Hyperthyroid	0-14 _____	15-29 _____	Above 29 _____
	C. Hypothyroid	0-32 _____	33-68 _____	Above 68 _____
	D. Hypopituitary	0- 6 _____	7-14 _____	Above 14 _____
5 - Immune Function	A. Hypoadrenal	0-18 _____	19-39 _____	Above 39 _____
	B. Hypoimmune	0-14 _____	15-31 _____	Above 31 _____
	C. Hyperimmune or Allergy	0-25 _____	25-55 _____	Above 55 _____
	D. Thymus or Spleen	0- 9 _____	10-19 _____	Above 19 _____
6 - Cardiovascular	A. Heart	0-17 _____	18-36 _____	Above 36 _____
	B. Circulation	0-13 _____	14-29 _____	Above 29 _____
	C. Hypertension	0-11 _____	12-24 _____	Above 24 _____
7 - Sugar Metabolism	A. Hypoglycemia	0-14 _____	15-31 _____	Above 31 _____
	B. Hyperglycemia	0-14 _____	15-30 _____	Above 30 _____
8.	Lungs	0-16 _____	17-34 _____	Above 34 _____
9 - Male	A. Urinary Tract	0-16 _____	17-34 _____	Above 34 _____
	B. Reproduction	0-10 _____	11-21 _____	Above 21 _____
	C. Prostate	0- 9 _____	10-20 _____	Above 20 _____

		LOW PRIORITY	MODERATE PRIORITY	HIGH PRIORITY
10 - Female	A. Urinary Tract	0- 12 _____	13-26 _____	Above 26 _____
	B. PMS	0-15 _____	16-33 _____	Above 33 _____
	C. Amenorrhea	0-11 _____	12-23 _____	Above 23 _____
	D. Dysmenorrhea	0-15 _____	16-33 _____	Above 33 _____
	E. Fibrocystic Breast	0-17 _____	18-37 _____	Above 37 _____
	F. Menopause	0- 12 _____	13-27 _____	Above 27 _____
11 - Musculoskeletal	A. Bone Integrity	0-17 _____	18-37 _____	Above 37 _____
	B. Muscles	0- 9 _____	10-20 _____	Above 20 _____
	C. Connective Tissue	0-11 _____	12-24 _____	Above 24 _____
12	Neurological	0-20 _____	21-43 _____	Above 43 _____
13	Sleep Patterns	0- 9 _____	10-19 _____	Above 19 _____

14: Negative Influences on General Health	A. Aluminum	0-17 _____	18-38 _____	Above 38 _____
	B. Cadmium	0-13 _____	14-27 _____	Above 27 _____
	C. Copper	0- 7 _____	8-16 _____	Above 16 _____
	D. Mercury	0- 21 _____	22-45 _____	Above 45 _____
	E. Lead	0- 24 _____	25-51 _____	Above 51 _____
	F. Caffeine	0- 8 _____	9-18 _____	Above 18 _____
	G. Chlorine	0- 3 _____	4-6 _____	Above 6 _____
	H. Fluoride	0- 4 _____	5-8 _____	Above 8 _____
	I. Nicotine	0- 7 _____	8-16 _____	Above 16 _____
	J. Sodium	0- 5 _____	6-12 _____	Above 12 _____
	K. B Vitamin Deficiency	0- 5 _____	6-12 _____	Above 12 _____
	L. Protein Deficiency	0-11 _____	12-23 _____	Above 23 _____